

IMPORTANT FACTS PERTAINING TO EXERCISING IN A SWIMSPA ENVIRONMENT USING SWIMTETHER TETHERS, ROWING & EXERCISE EQUIPMENT

- Stretching should be performed following an adequate warm-up period of three to five minutes. Proper stretching should result in feeling of gentle pulling and not causing pain.
- Do not force a movement in any extremity of joint.
- Perform exercises slowly for full ROM (range of motion) and to permit complete action of the muscle. If you cannot reach full range of motion, move only as far as comfortable.
- Reps are 8-10; intensity should be individualized.
- Use the phenomena of the body awareness and bio-feedback to induce relaxation and increase postural awareness
- Any participants who have had a hip or knee replacement or surgery should not perform any cross lateral movements (Adduction of the hip where the effected leg is brought across the midline of the body such as crossing one's legs should be avoided. Abnormal rotation of the hip (especially internal rotation) can lead to dislocation). **** Consult your physician prior to starting ANY type of exercise program post surgery.
 - "Do what is comfortable for you"
 - Respect pain- pain is a warning and should not necessarily be ignored. Slow down or stop any activity causing undue pain.
 - Stop if you develop chest pain, shortness of breath, dizziness, nausea, exercise fatigue, etc. Call your Doctor before you return to exercise regimen.
 - "Exercise at your own pace" Listen to your body, if it hurts, stop. If you get tired, rest.
 - Avoid extra medications that would mask pain.
 - Resistance- water is more resistant than air due to the density difference. The density of water slows forward motion, offers support to the body and eases the participant's ability to move.
 - Those who have had surgery must observe the precautions and instructions from their doctor or therapist and check whether you should avoid any specific exercises.
 - Most of all enjoy yourself and have fun!

Side notes:

Slow controlled movements contribute to balance and coordination and encourage the participants to think about body positioning for each exercise. Don't rush or speed through the exercises, try to use slow full movements.

Every exercise is designed to maintain or improve function, flexibility/range of motion and mobility for independence. Many of the exercises can be used in any component. The size and speed of the movement determines the intensity.

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